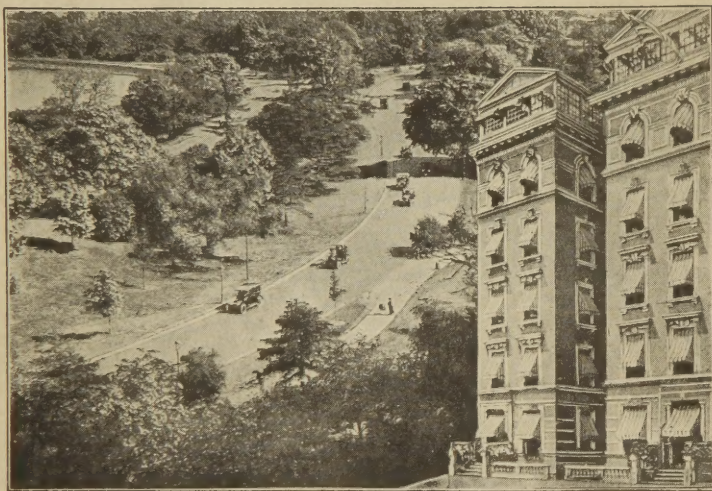


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The Special Work of the Charles B. Towns Hospital

And Its Ethical Relations
with the Medical Profession



THE CHARLES B. TOWNS HOSPITAL

293 Central Park West

New York City

Phone, Riverside 6710

The Hospital is conducted under the personal supervision of the founder—Charles B. Towns—with a resident medical staff of physicians and a Consulting Board composed of the following well-known medical men:

Professor SAMUEL W. LAMBERT	Dr. GEORGE M. SWIFT
Professor SMITH ELY JELIFFE	Dr. JAMES W. FLEMING
Professor ALEXANDER LAMBERT	

How the Charles B. Towns Hospital Cooperates With the Physician in Treating Drug, Alcohol and Tobacco Ad- diction, and All Toxic Neuroses.

NEVER in the history of this country has the disorganizing influence of alcohol and all habit-forming drugs been in greater evidence than at the present time. And never was there a time when its menace was more palpable.

The growth of drug consumption during the last ten years has been staggering. Yet the very least part of this growth has been in the use of drugs for the purpose of blunting pain. For of all the tremendous amount of opiates consumed in this country, probably not more than ten per cent is employed by physicians in the practice of their profession.

Perhaps the terrific nervous tension of the harrowing war-years has been, in part, responsible for this. Men and women everywhere have been driven to seek narcotic relief from almost unbearable psychical distress. Anxiety for the safety of dear ones, coupled with the rush of months packed full of horrors has unstabilized their nervous organisms.

In this hospital alone we have treated upwards of a score of men and women who have, from taking small quantities of opiates for the relief of war tension, or of insomnia and nerve irritability,

drifted into the rapids that were swiftly carrying them into physical and mental incompetency.

In addition, the demand for a sedative from nerve strain has caused the consumption of tobacco—especially in the form of cigarettes—to grow alarmingly. This growth has been cunningly fostered by a “patriotic” appeal to millions ignorant of its destructive influence.

Fine clean boys who have never smoked a cigarette in their lives have been initiated into the habit almost from the day they joined the Colors. Many have since become “fiends” in their insistent demand for this particular brand of poison.

So thousands of soldiers are suffering from the effects of the continuous absorption of furfural and the aldehyde products of tobacco combustion—the results of which are evidenced in irritable, irregular heart action, nervous irritability, impaired metabolism, increased arterial tension, and, not infrequently, nephritic degeneration.

We have been informed by physicians in many parts of the country that increase in drug, alcohol and nicotine addiction is universal. Needless to say, this constitutes a most serious social problem—one that calls for intelligent consideration and vigorous action.

Cooperating With the Private Practitioner

It is becoming increasingly evident that the successful treatment of various chronic nervous disorders, and of drug and alcohol addiction, is not possible, except in an institution qualified to deal definitely with this class of cases.

Only the other day, one of the most conscientious medical editors in the South, wrote that, in an experience of more than thirty-two years, he had never seen a case in private practice where a patient was "permanently cured of the drug habit." "In every single instance," he said, "the addict relapsed into the use of his drug."

There is no gainsaying the truth of this observation. It is a fact—and facts have to be faced squarely and honestly.

So unless a patient is treated in an institution adequately equipped to handle and safeguard the class of cases of which he happens to be an unfortunate example, his chances of ultimate recovery are pitifully meagre.

Therefore, the ideal condition is one in which the patient can be treated in a competent institution—either under the direct supervision of his family physician, or else with his physician thoroughly posted as to progress—the patient being invariably returned to his physician for subsequent medical observation.

The Towns Hospital, from the beginning of its work in 1901, has been intimately identified with the medical profession in a cooperative service which produces the best results.

It is the aim and purposes of the Towns Hospital to create and develop a work devoted exclusively to the treatment and rehabilitation of patients who, under less favorable conditions, might prove to be permanent medical or mental problems, to be dealt with institutionally.

In fact, were the results of our work apparent in no other type of cases, the gratifyingly favorable success of the treatment in

preventing the development of the alcoholic psychoses would, in itself, establish the unique value of the method.

Definite Medical Treatment at Towns Hospital

From the definite medical results we have been able to secure through this treatment, we have found that definite medical care is indispensable—if these narcotic, nicotine and alcoholic addicts are to be benefitted permanently.

Without it the patient does not get a fair chance of making good—satisfactory results are rarely secured, except in those few instances where constitution and indomitable will combine to force the body and nerves to run the gamut of discomfort and suffering incidental to ultimate relief by long-continued deprivation,—which by the way, seldom if ever, permanently benefits. And also, without it, it is almost impossible to make an intelligent diagnosis of the physical condition, or to make adequate provision for dealing with the mental and sociological aspects of the case.

With definite, result-bringing medical treatment, on the other hand, the physical and mental discomfort of the patient is minimized, his status is more clearly determined, his psychical co-operation more uniformly assured.

Unless there are pathological, lesional, or surgical conditions that make it necessary for the patient to use narcotics to relieve pain or to secure necessary sleep, there is not, following the radical de-poisoning treatment administered in this Hospital, the slightest desire for, or need of, stimulants or drugs.

If there are pathological, organic, or functional conditions which demand the use of opiates, it is obvious that these must be removed by medical or surgical attention. Else the patient will relapse immediately into his former state.

Remember, there is absolutely nothing in this treatment—nor in any other treatment—that will prevent a narcotic, a nicotine or an alcoholic addict from returning to his addiction if he wants to return. If he does not desire to be relieved and is not willing to cooperate to this end no power on earth can effect his permanent normalization.

However, the proportion of these cases is very small indeed. Almost invariably there is manifested, rather, a pathetic eagerness to “get results”—and *keep* them.

One of the paramount necessities in this connection is that the body and nerves of the patient be built up, and that he be made resilient to the “thousand natural shocks” that are so prone to magnification by an addict.

Long experience has taught us that physical well-being is the only firm basis upon which self-confidence and self-control may be restored to a patient.

Every Detail of Work as Perfect as We Can Plan and Develop It

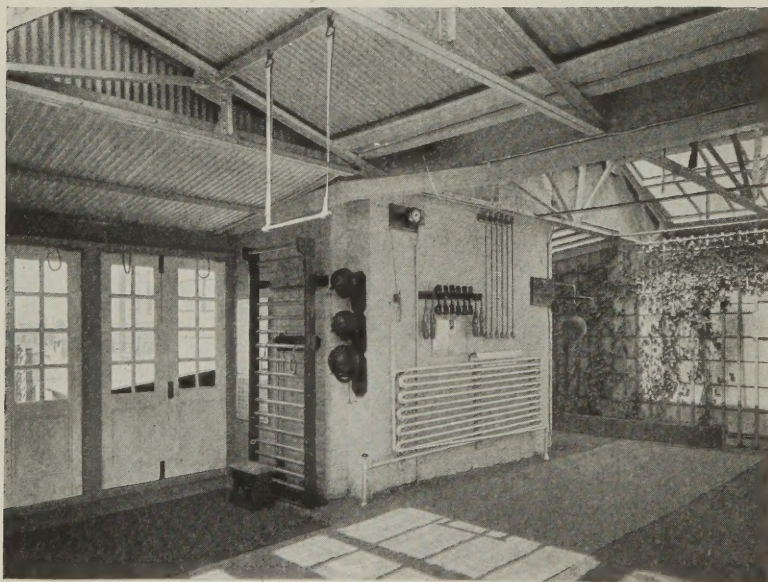
In this hospital *absolutely nothing* is left undone which may help bring about the restoration of physical and mental resistance.

Every requisite facility for the administration of hydro-thermic,

electro-magnetic and manual therapy methods in every conceivable phase, are employed—under the direction of experts.

An entire floor, well-ventilated and well-lighted, overlooking Central Park, is given over to physical therapy. The equipment for this is as complete as it is possible to make it. Medical experts, familiar with the resources of the best gymnasiums in the country, assure us that there is nothing more comprehensive to be found anywhere.

Carefully graded and specially adapted exercises are prescribed by our resident physicians and carried out under the direction of a highly competent physical trainer, who devotes all his time to this work.



Sun parlor showing corner devoted to physical exercises with gymnasium apparatus

Exercises in the gymnasium are supplemented by recreative activities in our solarium. Plenty of out-door work in Central Park, together with driving, riding, or other diversions, are ordered, as may be indicated in each particular case.

While properly classed among Hospitals, this institution is so equipped and conducted as to eliminate practically all institutional atmosphere. Indeed, there is nothing about the Hospital to distinguish it in the slightest from any of the luxurious homes which flank it, and which are characteristic of the neighborhood.

There is no sign or name-plate on the door—in fact, many calling at the Hospital for the first time, apologize for ringing the bell, believing the hospital to be a private house.

Absolute privacy is assured, each patient being restricted—except for exercise and therapeutic baths or electric treatments—to his own suite.

All meals are served in the patient's room. All of the suites, and many of the single rooms, have bath and telephone. Where desired, individual nursing service is provided.

The solarium on the roof is fitted up as a garden, and is admirably adapted for either rest or indoor exercise. The view overlooking Central Park is one of the most beautiful to be found anywhere in this section of the country.

The length of the patient's stay—beyond the completion of his definite medical treatment—depends entirely upon his progress, and is determined in every case by the patient and his own physician, in advisement with our Hospital staff.



One view of sun parlor and rest roof. From the window you can see reservoir in Central Park, also buildings across the park on Fifth Avenue. You can also distinguish the canaries in their cages

In all cases the Hospital adheres to its rule to render all service charges for a fixed-fee charge for a stated time, agreed upon in advance. This eliminates "extras" and "special items" of treatment, and covers in this one charge everything that this Hospital is able to do for a patient.

This has been found the ideal plan of treatment, and has given infinitely better results than has our former practice of returning patients to their homes after the brief period of their definite medical course was completed. For we have been brought to realize that the physician in private practice is rarely ever in a position to provide the definite physical after-treatment and care that this type of patient should have after completing the definite medical treatment here.

Most of these patients need a great deal done for them, physically and mentally, and should be carefully looked after and safeguarded in every way, until they have been physically conditioned, and are thus able to go back to their own environment and take up their accustomed duties.

All Forms of Mild Nervous Disorders Treated

Most forms of mild nervous disorders are materially benefitted by the measures of active elimination employed in this hospital. For the pathological basis of many of these conditions is a storing up of toxins from defective elimination, glandular inactivity, and improper functioning of the excretory organs.

These are the cases which, in turn, develop nerve irritability, insomnia, inability to concentrate, incoherency, morbid introspection, persecutory obsessions, and even hallucinosis.

Many of them, unless active unpoisoning measures are taken, may become first, medical "floaters," drifting from one physician to another in a vain hope of attaining relief; and, finally, permanent institutional cases,—typical victims of mental derangement.

But all forms of nervous affliction, having their origin in sub-oxydation, mal-metabolism, or faulty elimination are stimulated in the direction of normal functioning by the eliminative and reconstructive treatment as administered at the Towns Hospital.

Hypochondriacs, who are dependent upon some form of hypnotic to produce sleep, clear up quite uniformly—after they receive definite medical treatment which removes from the system the accumulated effects of the continued taking of hypnotics.



Electric control machine for the administration of electric baths. At the right, continuous bath tub and fomentation tank

Insomniacs who have had almost every form of medical attention usually develop normal sleeping habits within a very short time after treatment in our Hospital. And absolutely without hypnotics—which do not remove the cause—but which, on the contrary, only compound the trouble.

Patients who are “getting on” in years, with no nameable trouble, except that superinduced by an excess of smoking and “sitting around,” are rejuvenated and given a new lease of life in our institution.

Because of the results we have secured in all these classes of cases, and in view of the very definite way in which our work is carried out, with every facility for treatment, and with a large building

equipped to segregate the types of patients received here, we are in a position to assure the doctor that we can do the things that should be done for such cases.



Dry hot air electric baking machine

We urge the physician, when he is confronted with such a problem, when the case has developed beyond a point where he is able to control it in private practice, and where something definite must be done, to bear in mind that this Hospital is especially equipped and prepared to cooperate with him in the most resourceful way in helping this type of patient.

Remember that it is usually possible to clear up these incipient mental cases and change the direction of their progress. For all insanity—except where due to lesions, pressures, or degenerative changes in the cortical cells—is primarily a pathology, most

generally removable by means that insure de-poisoning and that secure sleep—not by “sandbagging” methods, but by the rational therapeutic and hydro-therapeutic measures in which this Hospital specializes.

This definite medical treatment effects the removal of all basic complicating conditions; thus rendering the actual status of the patient more readily and more accurately determined.

And remember also that there is no stigma on earth that can befall an individual, or a family, like the stigma of mental alienation. Therefore, every possible resource should be exhausted before even an “observation commitment” is resorted to.



Unit of Hydro-therapy Department showing electric hot air Cabinet, douche table and massage table

No Physical Restraint Required

We earnestly invite the practitioner to visit the Hospital, make a complete examination of its facilities, and assure himself of the very definite cooperation he will receive in referring or bringing his patient here for treatment, or in himself conducting the case with the cooperation of our resident staff.

It will often be found that these patients, ordinarily considered undesirable and recalcitrant will prove to be among the most satisfactory cases the general practitioner may accept for treatment.

We employ no male attendants or male nurses. We use no padded cells, no straitjackets, nor any form of physical restraint. In our institution these antiquated methods have never been necessary.

In order to assure the medical practitioner as to the definite and distinctive way in which the Hospital deals with the medical side of this problem, we want to emphasize that the resident staff is composed of three physicians who devote their time exclusively to this work, having no practice, and seeing no patients outside of the Hospital, and that they—and they alone—administer the medical treatment of this Hospital, and conduct its medical work.

This, however, does not exclude the physician who desires to bring a patient here and treat him in accordance with his own plan or procedure—in which case our staff will cooperate in every possible way.

Appreciating the necessity of adequate physical examination in the preliminary stages of treatment, we have secured the services of

a physician having extended diagnostic and pathological experience to make such examinations, and also to make laboratory tests where indicated.

This addition to the Hospital staff has not only proved of great benefit in carrying out our own distinctive medical and sanative work but it has also proved to be of highest value to physicians referring, or themselves bringing, patients here to secure the cooperation of this department of our work in special cases.

This Hospital is conducted as a private corporation and is open to all physicians. The physician referring, or himself bringing a patient here, may be assured that no physicians other than the resident staff will come in contact with his patient.

Where the doctor wishes to prescribe for his case according to his own medical methods, assuming full responsibility therefore, he is at perfect liberty to do so, and will receive the hearty cooperation of our staff in every possible way.

Where the physician desires the Hospital staff to assume medical responsibility this will be done, at the same time inviting the practitioner's cooperation.

There is no "secret" medication. Complete bedside histories are kept, and the physician is at liberty to see his patient whenever he likes, and as often as he likes. If it is not convenient for him to do this, special reports are made to him as arranged, so that he shall be kept fully advised as to everything that is being done for his patient.

This Hospital has never claimed to secure anything more than a *definite medical result* in the treatment of the addict type of

patient. Those who have read the Hospital literature sent out from time to time, know that we have eliminated from it the word "cure," the word "disease," and the words "inherited" and "heredity" as applied to habit and addiction.

Yet no more radical proof of the efficacy of the method is apparent than the fact that, within a few days, the patient is almost invariably freed from all desire for drink or drugs—and there remains only that the nervous and physical system be built up to resist the psychological attack of mental depression and physical weakness.

The Consultant Staff

The Hospital's Consultant Staff is headed by Dr. Samuel W. Lambert, who brought his first patient to the Hospital some fifteen years ago. Dr. Smith Ely Jelliffe, one of the most prominent of our neurologists and psychiatrists, I met in the first year of my work some sixteen years ago.

Dr. John Watts Fleming, of Brooklyn, former President of the Kings County Medical Society, with prominent hospital connections, brought his first patient to us some fifteen years ago.

Dr. George M. Swift, Visiting Physician at Bellevue Hospital, brought his first patient here about fourteen years ago.

Dr. Richard C. Cabot, of Boston, brought his first patient to the Hospital about seven years ago, personally visited and observed the cases under treatment, and has since been in a position to study the clinical treatment of such cases in the most intimate way.

Dr. Alexander Lambert, Professor of Clinical Medicine at Cornell University, former President of the New York State Medical

Society, and President-Elect of the American Medical Association, brought his first patient to the Hospital some fourteen years ago.

At that time he was visiting the alcoholic and drug wards in Bellevue Hospital, and was especially interested in this type of patient, for whom he was anxious to find out and do the best possible thing. He had an opportunity to observe our work at first-hand for nearly two years. Following his observation and study, and after holding a series of clinics in Bellevue Hospital, he published the formula and all details of treatment to the medical profession, giving the clinical histories in connection therewith, in an article which appeared in the *Journal of the American Medical Association*.

The medical help and cooperation I have had from these physicians in connection with this work has been of the most disinterested sort. The recognition of the Hospital and its work on the part of these prominent men has made it possible for us to cooperate with the medical profession as an institution offering professional service of most highly specialized and even exclusive character.

It will be interesting to the physician to know that fully seventy-five per cent of these patients come to us directly through their own physicians.

Among these physicians who have brought or referred patients here, a large number have given this Hospital permission to refer their fellow practitioners to them for professional inquiry as to the results of the Hospital treatment and the character of its dealings with them.

We feel that at this time the Hospital is able to render to the medical profession every intelligent assistance than can be had in dealing with this special type of case institutionally. If anything further can be done to perfect the Hospital's service it will be done. Any suggestion to this end will be gladly received and most highly appreciated.

Many medical men, from various parts of the country, have recently been bringing their patients to us personally, remaining in the city to supervise the treatment, during the brief period of active medication.

This is an ideal arrangement, where the patient can afford the expense, as the patient is benefitted by the assurance of the presence of his own physician. While, on the other hand, the physician may take advantage of an opportunity perhaps not otherwise available, to do some post-graduate work during his stay in the city, or to visit the hospitals and medical clinics with which New York is so richly endowed.

We want again to emphasize the fact that no physician need feel the slightest hesitancy in taking up with us either a case of the addict type, or any other case that the Hospital is prepared to care for in the wide scope of its work.

Our staff will be glad to render any assistance or to offer any advice to any physician who may desire it, without the slightest obligation on his part. We feel that we have special authoritative knowledge of this subject, which is freely and unreservedly at the disposal of the medical profession.

It makes no difference whether or not the patient is brought or referred here. The Hospital has a function beyond the mere

treatment of habit and addiction—and the rehabilitation of certain types of neurasthenia.

The Towns Hospital is a professional medical institution. It is at the service of the medical profession, or any member of it, in any way in which it can be useful—either to patient or practitioner.

Classes of Patients Treated at the Charles B. Towns Hospital

Not infrequently we have found a misconception in the minds of physicians concerning the scope and character of our work. For instance, one medical man, who had seen a number of his morphine and alcoholic cases successfully treated at our Hospital, was quite surprised to learn that we would undertake to treat a case of “wet-brain” suffering with marked hallucinosis.

It may be somewhat reassuring to doctors, and to their patients everywhere throughout the country, to know that hardly a week goes by that we are not called upon to treat these conditions—and usually with success.

So, to make clear and explicit the wide scope of this work, let us remind you that the TOWNS HOSPITAL is equipped in every respect to care for and successfully treat:

First, neurasthenia in its various manifestations, insomnia, nervous exhaustion, and incipient mental derangements of strictly non-lesional character.

Second, all forms of hypnotic and narcotic drug addiction, whether due to “coal-tars,” bromides, chloral, veronal, sulphonal; or to

morphine, heroin, codeine, laudanum and other opium derivatives; or to cocaine and the so-called "stimulants."

Third, acute and chronic alcoholism in all forms—including alcoholic delirium and "wet-brain," accompanied by hallucinations—except where these originate in organic degeneration.

Fourth, tobacco addiction of every variety. It may be interesting here to observe that the confirmed tobacco user is a very much sicker man than he knows he is, or is willing to admit.

It is necessary to medically free such patients from the effects of their tobacco, and to put them in a condition where they no longer experience the physical desire or craving for tobacco before any intelligent steps can be taken for their rehabilitation.

We welcome inquiry enabling us to establish our qualifications successfully to handle these cases. Ask us about that habitué you have under present observation. It is highly probable that, working together, we can restore him to normality.

A BRIEF LIST of MEDICAL REPRINTS and of OTHER WRITINGS relating to NARCOTIC ADDICTIONS

ANONYMOUS

1—"The Most Successful Treatment of Morphism and Alcoholism Today." Reprint, *Medical Review of Reviews*, New York. Pp. 1-16.

CABOT

2—"The Towns-Lambert Treatment for Morphism and Alcoholism." By Richard C. Cabot, M.D., Boston, Mass., 1911. Reprint, *Boston Medical and Surgical Journal*, May 11, 1911. Pp. 1-6.

LAMBERT

3—"The Treatment of Narcotic Addiction." By Alexander Lambert, M.D. Reprint, *Journal of the American Medical Association*, June 21, 1913. Pp. 1-10.

4—"The Treatment of Alcohol and Morphine Addictions." By Alexander Lambert, M.D. (Read before the Society of Alumni of Bellevue Hospital, at New York, December 1, 1909.) Reprint, *New York State Journal of Medicine*, January, 1910. Pp. 1-16.

5—"The Treatment of Drug Addiction." By Alexander Lambert, M.D., New York. Reprint, *Journal of the American Medical Association*, Feb. 18, 1911. Pp. 3-7.

6—"The Intoxication Impulse." By Alexander Lambert, M.D., New York. Reprint, *Medical Record*, Feb. 13, 1915. Pp. 1-25.

7—"The Relation of Alcohol to Disease and the Effects of Its Excessive or Moderate Use Upon the Body and the Mind." By Alexander Lambert, M.D. Reprint, *Success Magazine*, Pp. 1-14.

8—"Hope for the Victims of Narcotics. The Discovery of a Treatment That Will Obliterate the Craving for Opium, Morphine, Cocaine and Alcohol." By Alexander Lambert, M.D., New York, 1909. Reprint, *Success Magazine*, Pp. 1-16.

FINK

9—"Tobacco." By Bruce Fink, New York, 1915. Pp. 5-123. The Abingdon Press, 150 Fifth Avenue. Cloth, 50c; paper, 25c; postage paid.

ROLLER

10—"Tobacco." By B. F. Roller, M.D. Read before the Eighth Annual Meeting of the American Association of Clinical Research, September 29, 1916, New York. Reprint, *The Medical Times*, June, 1917.

TOWNS

11—"Habits That Handicap. The Menace of Opium, Alcohol and Tobacco, and the Remedy." By Charles B. Towns, New York, 1916. The Century Company, 363 Fourth Avenue. Pp. i-xiv; 3-289. Cloth, \$1.20 net.

12—"The Alcoholic Problem Considered in Its Institutional, Medical and Sociological Aspects." In three parts: I. Care of Alcoholics in the Modern Hospital; II. Successful Medical Treatment in Alcoholism; III. The Sociological Aspect of the Treatment of Alcoholism. By Charles B. Towns. Reprint, *The Modern Hospital*. Pp. 1-35.

Of the above publications, "Habits That Handicap," by Charles B. Towns, and "Tobacco," by Bruce Fink, may be had of the publishers at the prices stated above; or they may be ordered of the Hospital at the publisher's prices.

Any other publications in this list will be sent without cost to members of the medical profession on request.

We are glad to send literature to physicians interested in the subject of narcotism, as issued by us from time to time. Let us place your name on our mailing list, Doctor. Just drop a card to

TOWNS

13—"Saving the Alcoholic and Solving the Alcoholic Problem." In two parts: I. Care of Alcoholics in the Modern Hospital; II. The Sociological Aspect of the Treatment of Alcoholism. By Charles B. Towns. Reprint, *The Modern Hospital*. Pp. 1-22.

14—"The Drug-Taker and the Physician, and the Need of Adequate Treatment." By Charles B. Towns, Reprint, *Century Magazine*, October, 1912. New York.

15—"The Injury of Tobacco and Its Relation to Other Drug Habits." By Charles B. Towns. Reprint, *Century Magazine*, for the Health League of the Young Men's Christian Association. New York. Association Press, 1912. Pp. 1-15.

16—"Federal Responsibility in the Solution of the Habit-Forming Drug Problem." A Proposed Governmental Solution of the Habit-Forming Drug Question, Considered in Its Medical, Pharmacal and Sociological Phases and with Reference to Its State, National and International Aspects; and Showing the Inadequacy of the Existing Laws on the Subject. Published by the Author for the Information of Congress and for Others Concerned in Anti-Habit Drug Legislation. New York, 1916. Pp. 3-22.

17—"The Future of Addict Legislation. The Relation of the Physician and the Pharmacist to the Narcotic Problem and Their Responsibility in Its Solution." By Charles B. Towns. Reprint, *Medical Review of Reviews*, New York.

18—"The Peril of the Drug Habit and the Need of Restrictive Legislation." By Charles B. Towns. Reprint, *Century Magazine*. New York. Pp. 1-8.

19—"Help for the Hard Drinker; What Can Be Done to Save the Man Worth While?" By Charles B. Towns. Reprint, *Century Magazine*. New York. Pp. 1-7.

20—"How to Eliminate the Alcoholic as an Insane Problem. The Relation of Alcohol to Commitments to Both State and Private Institutions for the Care of the Insane. Preventive Medicine as the Solution of the Problem." By Charles B. Towns. Read before the Alienists and Neurologists of America. Proceedings of the Sixth Annual Meeting. Held under the auspices of the Chicago Medical Society, July 10, 11, 12, 1917. Published by the Society, August, 1917.

21—"The Necessity of Definite Medical Result in the Treatment of Drug and Alcoholic Addiction. Medical Treatment Necessary to Procure Obliteration of Craving, but Must Be Followed by Intelligent Sociological Effort to Secure Effective Mental Attitude in Patient." By Charles B. Towns. Reprint, *The Medical Review of Reviews*, August-September-October, 1917. New York, 1917. Pp. 5-19.

22—"The Present and Future of Narcotic Pathology." By Charles B. Towns. Reprint, *Medical Review of Reviews*, New York, 1917.

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